



Summer Issue, 2014

# HEALTHIER Richmond

## Richmond City Health District Newsletter

WORKING TOGETHER FOR A HEALTHIER RICHMOND

### Richmond Regional – Virginia Family and Fatherhood Symposium



Left to Right: Mr. Ben O'Dell, Dr. Donald Stern, Dr. Ben Johnson

On June 12<sup>th</sup>, the Trinity Family Life Center in Richmond, Virginia buzzed with excitement as more than 100 people filled the building to attend the city's first Richmond Regional – Virginia Family and Fatherhood Symposium. Welcome remarks were extended by Virginia Health and Human Resources Secretary Dr. Bill Hazel.

Opening comments were given by Mr. Ben O'Dell, Deputy Director of the White House Office of Faith-Based and Neighborhood Partnerships at the Department of Health and Human Services; Ms. Margaret Schultze, Virginia Department of Social Services Commissioner; Dr. David H. Trump, Chief Deputy Commissioner for Public Health and Preparedness; Mr. David Hicks, Director of Richmond Department of Social Services, and Dr. Donald Stern, Director of the Richmond City Health District.

The one-day symposium included an impressive list of speakers and presenters as well as 17 workshops. Dr. Jeffrey Johnson, CEO and president of the National Partnership for Community Leadership (NCPL), gave remarks that set the tone for the event. The keynote speaker for the morning session was Ms. Carmeta Albarus, author of *"The Making of Lee Boyd Malvo: The D.C. Sniper."* Her story about her work as a forensic sociologist assigned to Malvo after his imprisonment, revealed in an extreme manner, the extent to which fatherlessness affects young men in our society and can contribute to negative outcomes for them and society. The afternoon keynote address was given by Sue Badeau, a nationally known speaker, writer and consultant who focused on family engagement. For many, the highlight of the day was a panel discussion. Panelist were: Ms. Carmeta Albarus, Ms. Sue Badeau, Ms. Julie Baumgardner, Mr. Jamison Manion, Dr. Sabo Masho, Dr. Micah L. McCreary, and Mr. Ben O'Dell.

The Richmond Family & Fatherhood Initiative presented inaugural annual awards to acknowledge several persons for their contributions, leadership and efforts toward strengthening of families and father-involvement in the community. Award recipients were: Dr. A. Lincoln James, Jr.; Alexandra James; Chad Morris; Joan Ohl; Phillip White; Brian Gullins, Sr.; and Dr. Donald R. Stern, whose *"Spirit of Fatherhood Legacy Award"* is named after him.

The Symposium, was sponsored by the Richmond and Virginia Departments of Social Services, and the Richmond Family & Fatherhood Initiative. Congratulations to everyone who had a hand in its success. A special thank you to Tauchanna Gregory, RFFI Special Projects Coordinator and to the Planning Committee members: Anthony Mingo, Taurus Rogers, April Bacon, Josephine Barclay, Frank Green, Victor Little, Denise Lucombe, Betty Jo Northington, and Tyia Venable; and also, to the Trinity Family Life Center.

### August is National Immunization Month

by Nikisha Edmonds, RN and Jody Plesur, RN

The summer vacation season is here! Both parents and children are ready to take a much needed break and enjoy the lazy days of summer. During this down time, the Richmond City Health District would like to remind parents that summer is a perfect time to get their child's check-ups and immunizations.

Immunizations provide much needed protection against infections that have the potential to cause harm. Also, school age children are required to be adequately immunized prior to school entry. Parents of rising 6th graders are reminded that they must have a Tdap booster vaccination before returning to school at the end of summer.

In an effort to promote healthy children and healthy school environments, the Richmond City Health District will host its annual **Back-to-School Immunization Rally on August 22, 2014 from 8 a.m. - 2 p.m.** Parents should bring their children's shot record and health insurance card. We look forward to serving you. For information, call 482-5200.

### Summer is West Nile Virus Season

West Nile Virus (WNV) is most commonly transmitted to humans by mosquitoes. You can reduce your risk of being infected with WNV by using insect repellent and wearing protective clothing to prevent mosquito bites.

There are no medications to treat or vaccines to prevent WNV infection. Fortunately, most people infected with WNV will not have any symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurologic illness.

#### TIPS TO REMEMBER TO PREVENT MOSQUITO BITES:

- Use insect repellents when you go outdoors.
- When weather permits, wear long sleeves, long pants, and socks when outdoors.
- Take extra care during peak mosquito biting hours (dusk & dawn)
- Mosquito-proof your home—Install or repair screens on windows and doors to keep mosquitoes outside. Use your air conditioning, if you have it. Help reduce the number of mosquitoes around your home by emptying standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths on a regular basis.

[www.cdc.gov/westnile](http://www.cdc.gov/westnile)

## Food Safety When Eating Outdoors

Summer is picnic and barbecue season and offers lots of opportunities for outdoor fun with family and friends. But these warm weather activities also present opportunities for food-borne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from food-borne illness during warm-weather months, safe food handling when eating outdoors is critical. When serving food outdoors, remember to:

### Keep it COLD or HOT

Keeping food at proper temperatures - indoor and out - is critical in preventing the growth of food-borne bacteria. The key is to never let your picnic food remain in the "Danger Zone" - between **40° F and 140° F** - for more than 2-hours, or 1-hour if outdoor temperatures are above 90° F. This is when bacteria in food can multiply rapidly, and lead to food-borne illness.

### Follow these simple rules for keeping cold foods cold and hot foods hot:

#### COLD FOOD

Cold perishable food should be kept in the cooler at **40° F** or below until serving time. Once you've served it, it should not sit out for longer than 2-hours, or 1-hour if the outdoor temperature is above 90° F. If it does - discard it.

Foods like chicken salad and desserts in individual serving dishes can be placed **directly on ice**, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

#### HOT FOOD

Hot food should be kept hot, at or above **140° F**. Wrap it well in foil-wrap and place it in an **insulated container** until serving.

Just as with cold food - these foods should not sit out for more than 2-hours, or 1-hour in temperatures above 90° F. If food is left out longer, throw it away to be safe.

*U.S. Food and Drug Administration—www.fda.gov*

## Summer Heat Safety Tips

- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Check on those most at-risk twice a day.
- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Avoid alcohol or liquids containing high amounts of sugar.
- Drink plenty of water when exercising or working outside.
- Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.
- Check local news for extreme heat alerts and safety tips.
- Learn the symptoms of heat illness.

For more information visit: [www.ready.gov](http://www.ready.gov)

## Stay Safe in the Sun This Summer!

*by Prachi Desai, Chronic Disease Prevention Intern*



While the weather is heating up and you're soaking up the sun, be conscious of the sun's ultra violet (UV) rays effect on your skin.

Skin cancer is the most preventable cancer with over 2 million people diagnosed annually. While sun exposure is a crucial source of Vitamin D, precaution must be taken if exposed to sun rays for more than 20 minutes.

Overall, 1 in 5 Americans will develop skin cancer during their lifetime. While at the beach, pool, or simply outdoors, take care of your skin and practice sun safety!

### Sun Safety Tips:

- Avoid sun exposure between 10 a.m. and 4 p.m. when the sun rays are the most intense.
- Sunscreen should be applied generously to all exposed areas.
- Apply sunscreen with at least a SPF 15 (sun protective factor) 30 minutes before going outdoors, and reapply every 2-hours or after swimming or sweating.
- When purchasing sunscreen, look for water-resistant lotions with ingredients such as: zinc oxide, titanium dioxide, Mexoryl SX, or avobenzone, SPF 15 to 50 (depending on skin tone).
- Cover up. The best sunscreen substitutes are: hats, dark clothing, an umbrella, and sunglasses.
- See your physician every year for an annual skin cancer test.

For more information on sun safety and skin cancer, visit: [www.cancer.org/healthy/besafeinthesun](http://www.cancer.org/healthy/besafeinthesun)

[www.RCHD.com](http://www.RCHD.com)

Donald R. Stern, MD, MPH

Richmond City Health District Director

RCHD Administrative offices: 400 E. Cary Street  
804-205-3500

Clinical Services: 804-482-5500

Healthier Richmond Newsletter is produced by the Richmond City Health District.  
Direct comments to newsletter editor Charles Lee, 205-3734  
or email: [charles.lee@vdh.virginia.gov](mailto:charles.lee@vdh.virginia.gov)